

# HEALTH WATCH!™

AC132

by LEARNING WELL™



Design by Methods & Solutions, Inc.



## HEALTH WATCH!™

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**Health Watch!™** is published by Learning Well™. It was created and developed by Learning Well™ and Methods & Solutions. Documentation prepared by Learning Well™.

Principle design, software design and programming by Methods & Solutions. Educational design, research and cooperating design by Learning Well™.



## Introduction

**LEARNING WELL™**, a company with years of experience in developing educational materials, offers "**PLAYFUL SOFTWARE FOR SERIOUS LEARNING.**"

Our programs involve learners in exciting and challenging fun while reinforcing a variety of basic concepts.

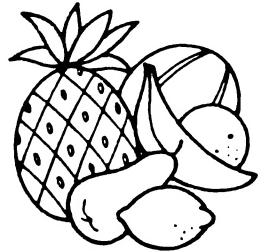
Beautiful graphics and fun-filled themes are just some of the reasons why **LEARNING WELL** software is the exciting way to take education from the chalkboard to the keyboard.

## Objectives

**HEALTH WATCH!™** offers three fun-filled games that encourage and reinforce basic attitudes of good health. Players develop an appreciation for the importance of good health while concentrating on nutrition, dental hygiene and exercise.

The three games are: Eating Well, Brush Up, and Fitness Fun.

**Eating Well** focuses on the body's nutritional needs and the concept of a balanced daily menu. Players are introduced to the basic facts of nutrition as they categorize food into four food groups. Then they use these foods to plan meals and snacks that make up a balanced daily menu. **Eating Well** can be played by one or two players.



**Brush Up** is an entertaining game that directs attention to the problems, care and maintenance of teeth and gums. It encourages good dental health habits and shows how brushing, visiting the dentist and flossing are important. It is designed for one player.



**Fitness Fun** is a stimulating and fast moving game that builds the concept that exercising too vigorously before the body is ready can harm the muscles, while exercising the right way helps keep muscles strong.



There are options available within **HEALTH WATCH!** that are designed to make the games an extended learning experience. These options offer players of diverse developmental levels the opportunity to play while using various degrees of cognitive and visual motor skills. **HEALTH WATCH! is designed for grades 3-8.**

### **Gaming As A Format:**

**"PLAYFUL SOFTWARE FOR SERIOUS LEARNING"** is our primary objective at **LEARNING WELL™**. That is why we have chosen a game format for our exciting and interactive learning software.

Research suggests that academic games are "viable tools for promoting interaction between students of varying academic and social levels" (Salend, 1979). They provide enrichment for brighter students as well as motivation for the academically disenchanted (Rice, 1974).

Games offer motivation, provide fast feedback, encourage cooperation, challenge players to deal with elements of chance, and, above all, provide a structure for individualized learning of a variety of educational and life concepts.

We, at **LEARNING WELL™**, believe that the game format, combined with specific educational objectives, is a great way to make learning fun.

## **Getting Started**

### **1. Requirements:**

1 Apple II Plus®, Apple IIe®, Apple IIc® or Apple Compatible Computer  
48K of RAM

1 Video Monitor

1 **LEARNING WELL "Health Watch!"** Disk

Optional:

1 Printer

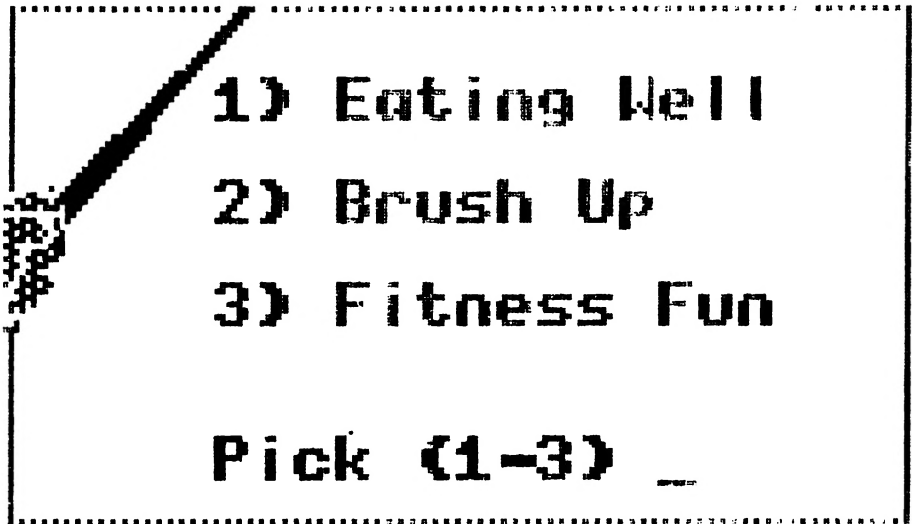
To use any printing options, a printer must be attached to the computer. If you are using an Apple II+® or IIe® the printer interface board must be in slot 1.

### **2. Loading The Program:**

A. Insert the disk into the disk drive. Close the disk drive door.

B. Turn the power on.

C. After a short delay of approximately 30 seconds, the menu screen will appear (illustration 1).



#### (1) Menu Screen

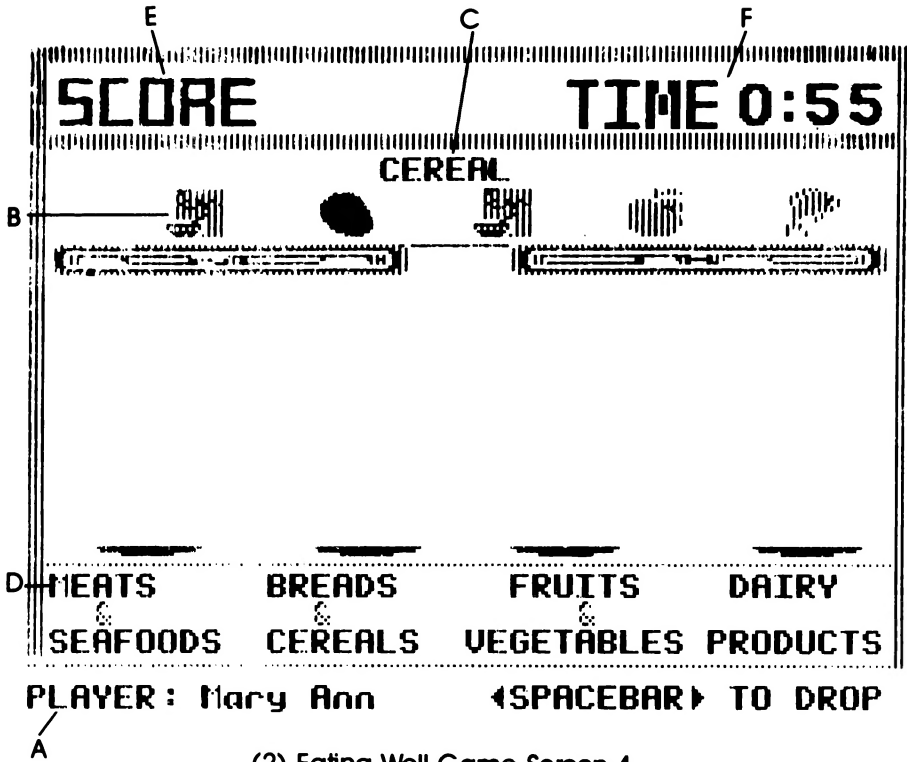
- D. Type the number of the game you wish to play.
- E. At the beginning of each game, the program will ask:  
 Will you be using a joystick? (Y/N)  
 Do you want sound? (Y/N)  
 How many players? (1-2)  
 (Only appears in Eating Well)  
 Please enter your name and press RETURN  
 Do you want instructions? (Y/N)

### Game Directions

#### • EATING WELL

Good nutrition requires planning and proper selection of food. In **Eating Well** players must collect foods and categorize them into the four healthful food groups: meats and seafoods, breads and cereals, fruits and vegetables, and dairy products. Then they plan meals, using the food they've collected.

Below is the first screen from which players must collect foods and categorize them as quickly as possible (illustration 2).



(2) Eating Well Game Screen 1

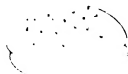
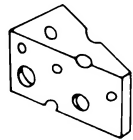
A. The player's name appears at the bottom of the screen. This game can be played by one or two players.

B. Foods pass through the conveyor belt. When the food that you want is in the center of the conveyor belt, press the Space Bar to drop it.

This game is set to play at the easiest level. (See the Utilities page 17 to change the level of game play.)

C. The name of the food that is in the opening of the conveyor belt appears here.

D. There are four healthful food groups: MEATS & SEAFOODS, BREADS & CEREALS, FRUITS & VEGETABLES, and DAIRY PRODUCTS. Use the arrow keys (← →) to move the food that has dropped through the opening onto the correct plate.



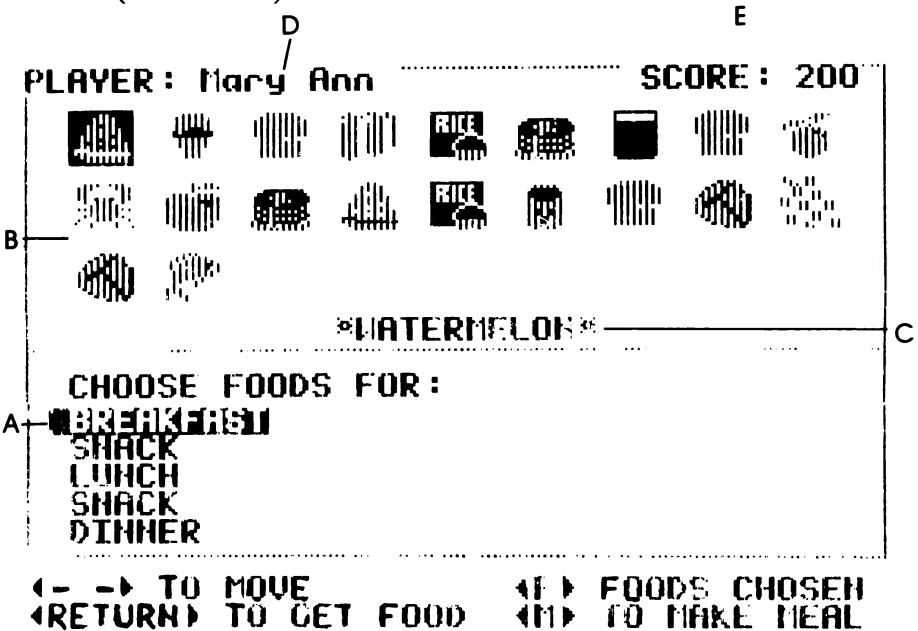
Collect at least 14 foods to make 3 balanced meals and 2 snacks for each day. Try to collect enough foods to make meals for more than one day.

For one day a player needs:  
 2-3 MEATS & SEAFOOD  
 4-7 BREADS & CEREALS  
 4-5 FRUITS & VEGETABLES  
 4-5 DAIRY PRODUCTS

- E. The player receives 10 points for each food placed correctly into a food group.
- F. As soon as the game starts, the timer begins to count off at half second intervals. The amount of time that a player is given to collect and categorize foods can be changed in the Utilities (see page 17).

If there is more than one player, the game is divided into rounds. Each round begins at 1:00 and counts down at half second intervals. The number of rounds for each player can be changed in the Utilities (see page 17).

When the timer runs out the menu planning screen appears (illustration 3).



(3) Eating Well Menu Planning Screen



Players must plan 3 meals and 2 snacks for each day using the food that they have collected and categorized.

- A. The meal or snack that the player is working on is highlighted in a white box. After completing a meal, the white box automatically goes to the next meal the player must plan.

- B. All of the foods that a player has collected and correctly categorized appear on the top part of the screen. One food is highlighted in a white box. Use the arrow keys (← →) to move from food to food.

**Press RETURN to place the highlighted food into the meal.**

**Press "M" when the meal is completed.**

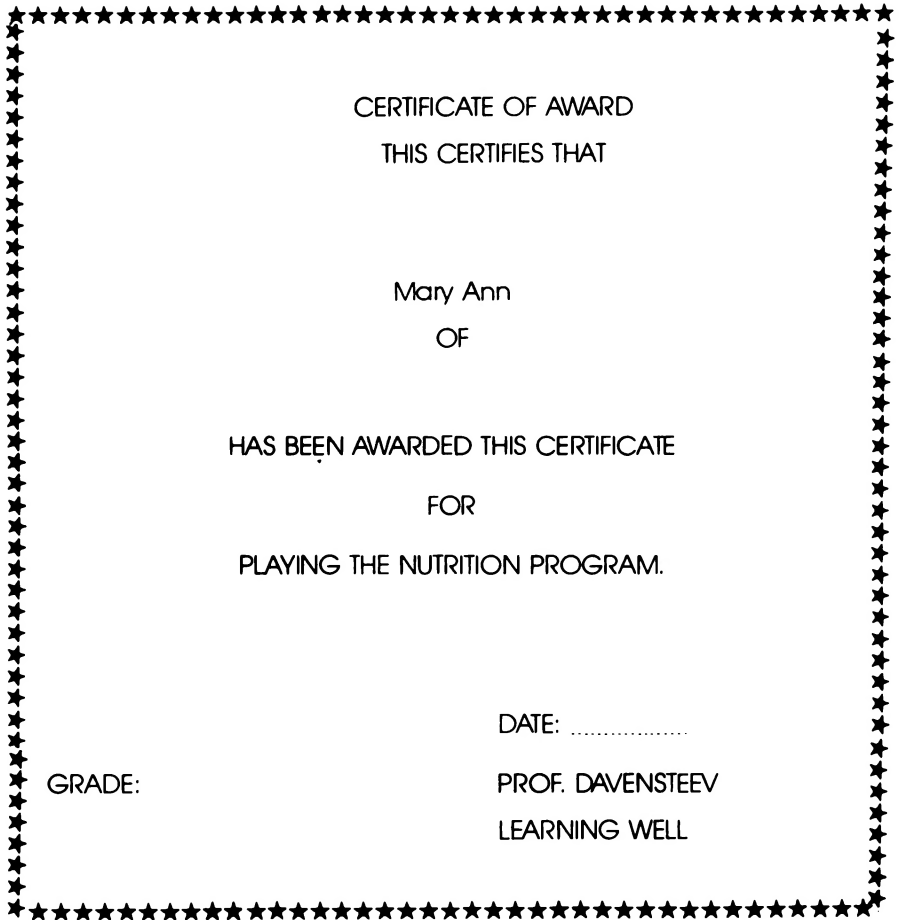
**Press "F" to review the recommended daily portions from each food group. This screen also shows how many foods from each group the player has already used.**

- C. The name of the food that is highlighted appears here.
- D. The name of the player appears in the upper left hand corner of the screen.
- E. The current score appears in the upper right-hand corner of the screen. The score includes the points accumulated for collecting and categorizing foods. Players receive 50 points for correctly planning a meal or snack. Two hundred and fifty points are awarded for planning a balanced day.

The game ends when players no longer have any food. Then all of the scores are displayed.

It is also possible to view scores in the Utilities (see page 15).

Players can be rewarded with a 4x6 printed certificate by pressing "Y" when the program asks: "Would you like a printed certificate?" The name of the school, date and grade can be filled in by hand. Below is a sample certificate (illustration 4).

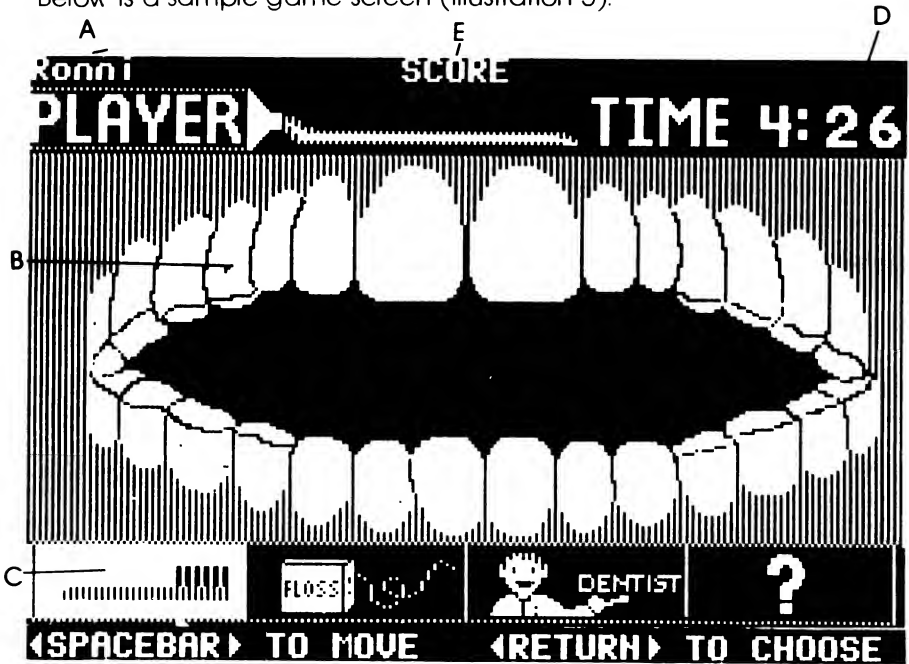


#### (4) Sample Eating Well Certificate

- **BRUSH UP**

Players gain an understanding of the need for preventative dental health care as they battle against bacteria, plaque and tooth decay with an arsenal of weapons. These weapons are used to keep bacteria from remaining on a tooth for too long. If the bacteria stays too long, plaque and then a cavity will form. Points are scored for brushing and flossing away bacteria. The goal is to get the most points and the fewest cavities during checkups.

Below is a sample game screen (illustration 5).



(5) Brush Up Game Screen

- A. The player's name appears in the upper left hand corner of the screen.
- B. Bacteria first appears on the teeth as a small dot. As time passes, if the dot is not removed, it will grow larger and become a cavity. Cavities cannot be brushed or flossed away. The dentist has to fill the cavities.

The amount of time that it takes the bacteria to turn into a cavity can be changed in the Utilities (see Game Difficulty page 17).

- C. Use the SPACE BAR to move between the toothbrush, the floss, the dentist and the question mark. Each time you press the SPACE BAR one of those will be highlighted in a white box. Press RETURN to choose one.

#### **TOOTH BRUSH**

Use the arrow keys or the A-Z keys to move the tooth brush directly over a dot of bacteria. Then press RETURN to brush away the bacteria. Points are scored for bacteria brushed away.

#### **FLOSS**

Use the arrow keys or the A-Z keys to place the floss over the dot of bacteria that is between teeth. Press RETURN to floss the bacteria away.

Points are scored for bacteria flossed away.

### **THE DENTIST**

The dentist is able to fill cavities and clean all the teeth during a visit. Players automatically visit the dentist two times to reinforce the concept of regular periodic visits. The first visit comes during the middle of the game and the second at the end of the game. No time is lost during the automatic visits. Points are added to the score. Other visits to the dentist will cost one minute on the timer.

### **THE QUESTION MARK**

Answer a True/False question correctly to receive an extra 1:00 on the timer. Scores for this section can be viewed in the Utilities, page 16.

- D. As soon as the game starts, the timer begins to count off half second intervals. The amount of time for the game can be changed in the Utilities (see page 17).

Players can receive an extra 1:00 for each question answered correctly.

- E. Scores are automatically computed by the program. Points are added for brushing, flossing away cavities and visits to the dentist. Points are deducted for extra visits to the dentist. The game ends when the timer runs out.

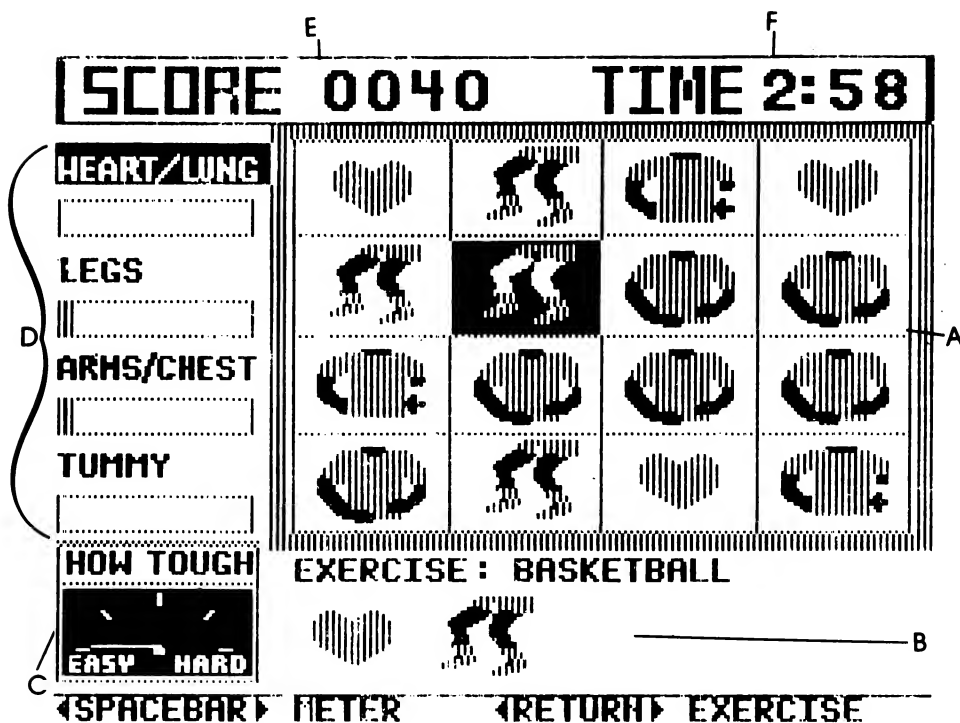
The screen will show a player's final score in points, how many cavities there were on the first and second checkups, and how many questions were answered correctly.

Players can be rewarded with a 4x6 printed certificate by pressing "Y" when the program asks: "Would you like a printed certificate?" The name of the school, date and grade can be filled by hand. The certificate is similar to the one awarded for playing **Eating Well** (illustration 4).

## **● FITNESS FUN**

In **Fitness Fun** players are shown that certain activities and exercises help different parts of the body. They also discover that it is necessary to begin an exercise program slowly and gradually build it up. The goal is to develop a balanced exercise plan and exercise all parts of the body equally.

Below is a sample game screen.



(6) Fitness Fun Game Screen

A. Parts of the body are pictured here.

They are:

Heart/Lung



(7)

Arms/Chest



(9)

Legs



(8)

Tummy



(10)

Use the arrow keys (← →) or the A and Z keys to move back and forth between the different pictures. Each time you press the arrow keys or the A and Z keys one of the pictures will be highlighted in a white box. Press RETURN to choose the box that is highlighted.

This game is set to play at the easiest level. See the Utilities page to change the difficulty of game play.

- B. Once a body part has been chosen, the program tells you which exercise or activity is appropriate for that part of the body. Frequently an activity provides exercise to more than one part of the body. The pictures of the body parts that are exercised are shown below the name of the exercise.
- C. The player uses the Exercise Meter to determine how easy or hard the exercise should be.

The program keeps a record of how much exercise each part of the body has received during the game. Exercises should begin at an easy level and gradually build up to higher levels. Injuries can occur if the exercise is too hard before the body is ready.



Press the Space Bar to move the meter through all the levels from easy to hard and back to easy.

Press RETURN when it is at the level of your choice.

- D. The amount of exercise that each part of the body has had is shown here.

**HEART/LUNG**

**LEGS**

**ARMS/CHEST**

**TUMMY**

Each time a player exercises a part of the body the box fills up a little more. Players try to fill up all of the boxes before the timer runs out.

Players can score extra points by playing BINGO. One body part on the left side of the screen is highlighted in a box (the Heart/Lung in illustration 12). By exercising the part of the body that is highlighted, the box on the right hand part of the screen will be blacked out.

If a player blacks out four horizontal, vertical or diagonal boxes for Bingo the player will receive 250 extra points. (This is recommended for players with advanced eye-hand motor coordination skills).

- E. A player's score appears at the upper left-hand corner of the screen. The player receives 10 points for each part of the body that is correctly exercised.
- F. As soon as the game starts the timer begins to count off at half second intervals. The amount of time for the game can be changed in the Utilities (see page 17).

The game ends when the timer runs out. The screen will show a player's final score in points and how many exercises each part of the body received.

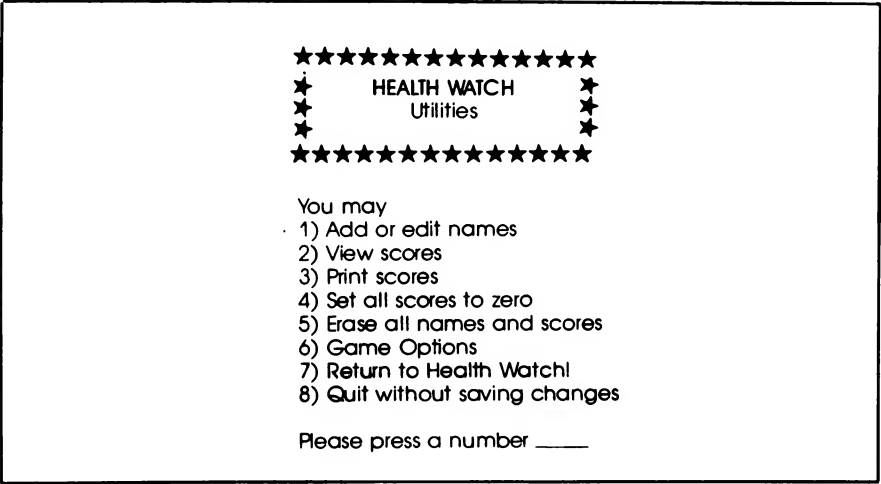
It is also possible to view scores in the Utilities (see page 15).

Players can be rewarded with a 4x6 printed certificate by pressing "Y" when the program asks: "Would you like a printed certificate?" The name of the school, date and grade can be filled in by hand. The certificate is similar to the one awarded for playing **Eating Well** (illustration 4, page 8).

## Utilities

- **HEALTH WATCH!** can be used without the Utilities. However, the Utilities allow you to enter a roster, review scores, print out scores and make changes in the games to fit the diverse developmental levels of players.
- Access to the Utilities portion is possible only at the beginning of the program when the menu (illustration 1 page 4) appears on your screen. After the red light on the disk drive goes off, press the "Control" key and the "T" key at the same time.

Below is a Utilities menu screen (illustration 13).



(13) Utilities Menu Screen.

- **Press “1” to ADD OR EDIT NAMES**  
This option allows you to create a roster.

The computer will only save the scores of those players whose names are on the roster. However, it will accept any person’s name for play.

For scores to be saved, names must be entered at the beginning of the game exactly as they are entered on the roster. If the name “Mary” is entered on the roster the following would happen if, before Mary began to play, she entered her name in this way:

- Name? Mary ..... score would be saved
- Name? MARY ..... score would not be saved
- Name? Mary Jones ..... score would not be saved
- Name? Mary J ..... score would not be saved



The "Add or Edit Names" screen appears as follows:

1)	21)
2)	22)
3)	23)
4)	24)
5)	25)
6)	26)
7)	27)
8)	28)
9)	29)
10)	30)
11)	31)
12)	32)
13)	33)
14)	34)
15)	35)
16)	36)
17)	37)
18)	38)
19)	39)
20)	40)

You may 1) Add, 2) Insert, 3) Delete  
a name or 4) Return to Menu

Type the number in front of your choice. Then follow the simple directions on the screen.

- A) Add           - The computer asks you to enter a name.  
                  - 15 letter maximum.
- B) Insert       - The computer asks you to enter the number  
                  where you wish to insert the name. Then the "add"  
                  procedure is initiated.
- C) Delete       - The computer simply asks for the number of the  
                  name you wish to delete.

● **Press "2" to VIEW SCORES**

This option allows you to view the scores of all those whose names appear on the roster.

The scores will be cumulative.

If a player's name is not on the roster, scores will be erased automatically when the computer is turned off.

The scores show the following information for each player.

GAME 1	<u>How many BALANCED MEALS were made</u> Total Number of meals made	= The % computed from the two numbers
GAME 2	<u>The number of correct answers given for the TRUE/FALSE QUESTIONS</u> The total number of questions answered	= The % computed from the two numbers
GAME 3	<u>The number of times a player exercised without getting injured</u> The total number of exercises	= The % computed from the two numbers

- **Press "3" to PRINT SCORES**

This option allows you to print the scores of all players on the roster.

- **Press "4" to SET ALL SCORES TO ZERO**

This option allows you to delete the present set of scores for all players.

Scores are listed in a cumulative fashion.

You may wish to keep separate the scores of players each time the game is played. To do this, simply record the scores of players after each game. Then set all scores to zero.

**EXAMPLE:** After one game is played, you note that the players' performance is 2/5 - 40% 2/3 - 67%.

You may then set the scores to zero to see if the players do better on the next game.

... An easy way to set one player's score to zero is to delete that player's name and then insert the name back in the same roster number.

- **Press "5" to ERASE ALL NAMES AND SCORES**

This option allows you to erase the roster and scores entirely.

- **Press "6" to CHANGE THE GAME OPTIONS**

Use this Utility to change the following:

- 1) Game difficulty
- 2) Game time
- 3) Number of rounds

- Press "1" to change game difficulty.  
All games are set to play at the easiest level. This option allows you to change the difficulty level to Easy, Medium or Hard by typing 1, 2 or 3 next to the name of the game.

#### **EATING WELL**

**EASY** - The food groups are not mixed (bread, meat, lettuce, tomato).

**MEDIUM** - Some of the food groups are mixed (a cheeseburger on a roll with lettuce).

**HARD** - Many of the food groups are mixed.

#### **BRUSH UP**

**EASY** - Bacteria turns into cavities slowly.

**MEDIUM** - Cavities develop more quickly.

**HARD** - Cavities develop very quickly.

#### **FITNESS FUN**

**EASY** - The pictures of the body parts remain static and do not automatically change.

**MEDIUM** - The pictures of the body parts automatically switch from box to box.

**HARD** - The picture of the body parts automatically switch from box to box more quickly.

- Press "2" to change the game time.  
The timer for the three games can be set to count down from 5:00 to 9:00.

Simply type a number from 5-9.

- Press "3" to change the number of rounds.  
This only applies to **Eating Well** if there is more than one player.

There can be from 5 to 9 rounds. Simply type the number.

#### ● **Press "7" to RETURN TO HEALTH WATCH**

By pressing 7 you can return to the game. Any changes made up to this point will be saved.

- **Press "8" to QUIT WITHOUT SAVING CHANGES**

There may be a situation where you decide that changes you have made are not appropriate. This option allows you to exit the program without the changes having been made on the disc.

When this is pressed, the computer will ask for verification. It is a last chance to decide about making changes.

## Supplementary Activities

**HEALTH WATCH!** contains three exciting and enjoyable games that help instill basic attitudes of good health, while focusing on nutrition, dental care, and exercise. The following are some additional activities that you may wish to use.

### FOOD GROUP POSTERS

Have each child make a poster about one food group. The poster should include pictures of unusual foods that belong to that group. Display the posters in the kitchen, the cafeteria or in the classroom.

### HEALTH BINGO

Make bingo cards on 5x8 pieces of oaktag. Label the boxes with the four food groups.

H	E	A	L	T	H
Fruit	Vegetable	Meat	Seafood	Bread	Dairy
Dairy	Meat	Bread	Meat	Cereal	Vegetable
Cereal	Bread	Seafood	Vegetable	Fruit	Meat
Meat	Dairy	Cereal	Fruit	Seafood	Fruit
Vegetable	Cereal	Meat	Dairy	Vegetable	Dairy

On many small pieces of oaktag write the names of various types of foods; for example: apple, ham, ice cream, toast, asparagus, etc.

Give each child 10-15 plastic chips. Pick up one of the small pieces of oaktag and call out the food name. The children have to cover the food group with a plastic chip. The first child to cover a complete row is the winner.

**SPEAKERS**

Many organizations provide speakers that will visit your school to speak about dental health care. One of these is the American Dental Hygienists' Association. For further information on arranging such a visit, contact the American Dental Hygienists' Association, Division of Communications, 444 N. Michigan Avenue, Chicago, Illinois 60611; (312) 440-8900.

**WORD SEARCH**

Can you find these words?

- floss

bacteria

dentist

root

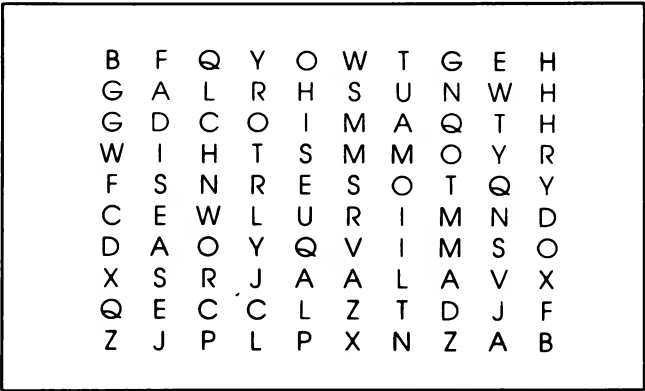
plaque
- cavity

crown

enamel

gums

disease



**EXERCISE DIARY**

Have the children keep a diary of one of their daily physical activities for one week. The diary should include the activity, what parts of the body were exercised, how much time was spent on the activity, and how they felt during and after the activity. Compare these feelings at the beginning of the week and at the end of the week.

**TESTS AND AWARDS**

There are many physical fitness tests and awards that are given to children and adults. For more information write to the:  
American Association of Health,  
Physical Education, Recreation, and Dance  
1900 Association Drive  
Reston, Virginia 22091

- Health education can be integrated into many areas of the curriculum. The following is an activity that incorporates language arts, vocabulary building and math.

Familiarize the children with "restaurant menu" vocabulary such as appetizer, entree, salad, and beverage. The words can be used in the weekly spelling lesson also.

Collect menus from various restaurants and give each child their own menu. Also give each child ten dollars in play money.

From the menu, have the children choose foods to make up a meal. Have them write the cost of each item and then compute how much change there would be left over. For variety, change the amount of money given to each child (\$12, \$15, \$20) for the same meal.

## **Care of the Diskette**

The program is produced on a magnetically coated plastic disk placed in a square plastic cover. Handling of the diskette requires care to insure maximum reliable life.

- 1) It should be placed in the storage box when not in use.
- 2) It should be kept at least 9 inches from magnetic fields.
- 3) It should not be exposed to extremes in temperatures.
- 4) It should not be folded or mutilated in any way.

## **Warranty**

The program is sold "AS IS," without warranty either express or implied as to its specific usage or performance. The user, not the manufacturer, distributor or retailer, assumes all cost of any necessary service or repair.

Learning Well™, however, warrants that the medium on which the software program is recorded will be free from defects in material and faulty workmanship, under normal use. If your disk should fail within 60 days from the date of purchase, return it along with a copy of your sales receipt directly to Learning Well™ for a free replacement. If your disk should fail after the 60 day period, but within 1 year from the purchase date, you may return the failed disk along with \$10 plus \$1.75 postage and handling, and we will replace the disk. This warranty applies to the original purchaser. The original purchaser must fill in the required information and return the enclosed warranty card. Learning Well™ will replace or repair the medium at their option. If Learning Well™ deems that the medium failure resulted from abuse, accident or error in application, then Learning Well™ has no responsibility to replace or repair under the terms of this warranty.

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Learning Well™  
200 South Service Road  
Roslyn Heights, NY 11577  
Methods & Solutions, Inc.  
Stoneham, MA 02180

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## NOTES



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**“A LEARNING WELL™ PUBLICATION”**